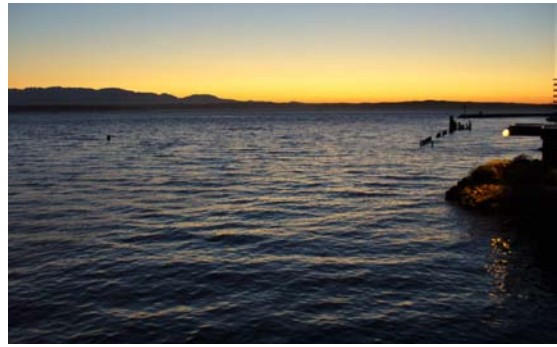


# Self Care Second Saturdays

A series of workshops by

**Dan Keusal, M.S., LMFT**



Attend one, or attend them all. Take a few hours to enlighten your mind, relax your body, and refresh your spirit. Gather with others for an experience of community. Come enjoy these half-day workshops—opportunities for self care that are brief, affordable, and fun!

Saturday, September 10, 2011  
10 AM – 12:30 PM

## **Tending The Soul: 8 ½ Practices For A Rich, Engaged Life**

Saturday, October 8, 2011  
10 AM – 12:30 PM

## **Getting More From Your Relationships: Embracing Your Spouse, Co-Workers, Partner, Friends, Family Members, And Others As Your Best Teachers.**

Saturday November 12, 2011  
10 AM – 12:30 PM

## **You Have All The Time In The World: Transforming Your Relationship With Time.**

*Just in time for the busy holiday season!*

The fee for each workshop is \$45.

For detailed descriptions and info on how to register and pay, go to [www.dankeusal.com](http://www.dankeusal.com).  
Questions? Call Dan Keusal at (206) 523-1340, or email [dankeusal@dankeusal.com](mailto:dankeusal@dankeusal.com).



**Dan Keusal, M.S., LMFT** is a Jungian psychotherapist in private practice in Seattle. For more than 25 years, he has facilitated workshops for a wide range of organizations, including Microsoft, Seattle University, ReMax Northwest Realtors, The Oregon Dental Conference, and dozens of other businesses, churches, and community groups. By integrating practical examples with stories, humor, and the arts, Dan has gained a reputation for speaking to the heart as well as the head. You can learn more about Dan and his work at [www.dankeusal.com](http://www.dankeusal.com).